

Crew Off Duty. [ACH-M] Test (Day 4).

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-12:00	CDR	Physical Exercise (TVIS) Day 3
10:30-10:40	FE-1	Terminate BSA battery charge
10:40-11:00	FE-1	Start BSA battery charge
12:00-12:20		Weekly conference with the Program management (<i>S-band</i>)
13:00-13:15	CDR	Private psychological conference (VHF)
13:15-13:45		Weekly planning conference (S-band)
13:45-14:45		LUNCH
14:45-15:00	FE-1	Private psychological conference (<i>Ku + S-band</i>)
15:40-16:40	FE-1	Physical Exercise (TVIS)
16:40-18:10	FE-1	Physical Exercise (RED)
17:50-17:55	CDR	On MCC GO ISS repress with O2 from Progress 353 CpПK (Oxygen Supply Facility) (start)
17:55-18:55	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 3
18:10-18:25	FE-1	Private family conference (Ku + S-band)
18:35-18:40	FE-1	Rebooting OCA SSC router
18:40-19:10	FE-1	COЖ maintenance
18:55-19:00	CDR	ISS O2 repress from Progress 353 CpПK (terminate)
19:10-19:15	CDR	Carbon dioxide monitoring
19:15-19:20	CDR	Transfer TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	STATOKONIA. Temperature status check per Temperature Auto Logger [APT]
		ECON. Observations and photo imagery

Note: See OSTP for references to US activities.

End of Radiogram